Situational Affirmations

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Thank you for reading this book.

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Intro

- - -

Throughout your life journey, you are the one person that is always with yourself when everyone and no-one is around. What you feel, think, and speak to yourself matters and affects your daily life. This book is your one-stop shop for affirmations pertaining to any life circumstance you may face.

Confidence

- - -

I am confident.

I am assertive.

I am decisive.

I am determined.

I am sure.

I am secure.

I am a leader.

I am more than good enough.

I am favored.

I am a decision maker.

I am autonomous.

I am the driver of my life.

I am focused.

I am worthy.

I am easy-going.

I am fearless.

I am bold.

I am persuasive.

I am worthy of being listened to.

I am trustworthy.

I am believed in.

Depression

– – –

I am thankful.

I am grateful.

I am blessed.

I am good enough.

I am content.

I am happy.

I am decisive.

I am valuable.

I am valued.

I am special.

I am unique.

I am peaceful.

I am healthy emotionally.

I am healthy mentally.

I am healthy physically.

I am healthy spiritually.

I am making progress in life.

I am magnificent.

I am creative.

I am worthy.

I am alive.

I am well.

I am certain.

I am active.

I am productive.

I am resilient.

I am thinking clearly.

I am relaxed.

I am calm.

I am meditative.

I am motivated.

Suicide

– – –

I am invaluable.

I am unique.

I am one of a kind.

I am realizing all of the good reasons to live.

I am living my life purposefully.

I am the driver of my life.

I am worth keeping alive.

I am living a life worth living.

I am mentally healthy.

I am emotionally healthy.

I am confident.

I am worthy of life.

I am excited about life.

I am valued.

I am worth it.

I am in love with myself.

I am loved.

I am lovable.

I am valuable.

I am valued.

I am pro living..

I am an overcomer.

I am a healthy individual.

I am resilient.

I am joyful.

I am seeking positive help.

I am involved in positive outlets.

I am content.

I am priceless.

Money

– – –

I am financially independent.

I am financially smart.

I am financially secure.

I am financially prepared.

I am financially wise.

I am making money work for me.

I am productive with my money.

I am a smart investor.

I am a consistent saver.

I am blessed financially.

I am experiencing more than enough.

I am financially liberated.

I am debt free.

I am confident with money.

I am flourishing financially.

I am experiencing abundance.

I am well off financially.

I am money savvy.

I am surrounded by financially wise people.

I am trustworthy with money.

I am a lender.

I am financially confident.

I am financially free.

Health

– – –

I am healthy.

I am mentally healthy.

I am physically healthy.

I am emotionally healthy.

I am sexually healthy.

I am spiritually healthy.

I am physically strong.

I am active.

I am a healthy eater.

I am living a healthy lifestyle.

I am demonstrating how to live healthy.

I am secure in my health.

I am disease free.

I am going to the doctor regularly.

I am confident in what I put inside my body.

I am valuing my health.

I am taking care of my body.

I am investing in my health.

I am a conscious eater.

I am eating right.

I am a peaceful sleeper.

I am rested.

I am relaxed.

I am calm.

I am stress free.

I am free of sickness.

I am living my life in abundant health.

I am living my best life now.

Addiction

– – –

I value my life.

I value my family.

I value my friends.

I am valued.

I am loved.

I am loveable.

I am loving.

I am kind.

I am patient.

I am sober.

I am honest.

I am covered with grace.

I am powerful.

I am strong.

I am in control of my actions.

I am in control of my behavior.

I am in control of my habits.

I am emotionally healthy.

I am mentally healthy.

I am spiritually healthy.

I am an overcomer.

I am resilient.

I am secure.

I am independent.

I am capable.

I am free.

I am protected.

I am experiencing freedom.

I am a winner.

I am selfless.

I am determined.

I am wise.

I am favored.

Fun

- - -

I am fun

I am taking responsible risks.

I am free.

I am carefree.

I am stress-free.

I am humorous.

I am funny.

I am loveable.

I am easy-going.

I am enjoyable to be around.

I am likeable.

I am entertaining.

I am positively amusing.

I am amiable.

I am joyous.

I am silly.

I am light-hearted.

I am daring.

I am confident.

I am bold.

I am a risk taker.

I am a light.

I am caring.

I am giving.

I am adventurous.

I am spontaneous.

I am creative.

Organization Skills

– – –

I am clean.

I am clutter free.

I am a minimalist.

I am organized.

I am responsible.

I am living my life in order.

I am taking care of my responsibilities.

I am mindful of my time.

I am productive.

I am structured.

I am neat.

I am tidy.

I am purposeful.

I am fresh.

I am sanitary.

I am clear.

I am lucid.

I am hygienic.

Stress

- - -

I am serene.

I am still.

I am tranquil.

I am relaxed.

I am harmonious.

I am smooth.

I am restful.

I am soothing.

I am organized.

I am patient.

I am forgiving.

I am kind.

I am secure.

I am self-aware.

I am honest.

I am sure of myself.

I am calm.

I am peaceful.

I am stress free.

I am maintaining healthy boundaries.

Fear

- - -

I am protected.

I am covered with grace.

I am favored.

I am fearless.

I am bold.

I am independent.

I am strong.

I am covered.

I am secure.

I am cared for.

I am courageous.

I am confident.

Intelligence

– – –

I am intelligent.

I am smart.

I am enlightened.

I am sharp.

I am creative.

I am a genius.

I am studious.

I am focused.

I am wise.

I am knowledgeable.

I am brilliant.

I am witty.

I am clever.

I am astute.

I am diligent.

I am sagacious.

I am imaginative.

I am discerning.

I am clear.

I am resourceful.

I am articulate.

I am a good communicator.

I am decisive.

I am a quick decision maker.

I am bright.

I am inventive.

Purpose

- - -

I am living on purpose.

I am making purposeful decisions.

I am living an intentional life.

I am decisive.

I am certain.

I am who I am.

I am good enough.

I am enjoying my life.

I am doing things I want to do.

I am learning who I am.

I am on a positive life journey.

I am focused.

I am happy.

I am content.

I am beautiful the way I am.

I am living each of my days productively.

I am enjoying self-discovery.

I am loving who I am.

Love & Relationships

– – –

I am experiencing true love.

I am experiencing healthy relationships.

I am loving.

I am loveable.

I am loved.

I am in love with my partner.

I am affirming to my partner.

I am giving to myself.

I am giving to my partner.

I am selfless.

I am thoughtful.

I am patient.

I am kind.

I am committed.

I am loyal.

I am faithful.

I am thankful for my partner.

Energy

- - -

I am energized.

I am vibrant.

I am vital.

I am healthy.

I am bright.

I am chipper.

I am quick on my feet.

I am in shape.

I am powerful.

I am strong.

I am energetic.

I am active.

I am dynamic.

I am spirited.

I am light-hearted.

I am enjoying life.

I am refreshed.

I am alive.

I am well.

I am victorious.

I am a ray of sunshine.

I am positive.

I am grateful for all the good in my life.

I am enlightened.

I am new.

I am young.

I am youthful.

I am empowered.

I am loving.

I am fun.

I am enjoyable to be around.

I am magnetic.

I am a ball of energy.

I am fired up.

I am invigorated.

I am rested.

I am lively.

Career & Work

- - -

I am happy with my job.

I am happy with my career.

I am happy at work.

I am stress free at work.

I am blessed with a wonderful boss.

I am a fast learner.

I am quick on my feet.

I am decisive.

I am intelligent.

I am respected.

I am favored.

I am well-liked.

I am dynamic.

I am focused.

I am secure.

I am energized at work.

I am in the right field.

I am treated kindly at work.

I am in the right position.

I am constantly getting promoted.

I am receiving lucrative propositions at work.

I am receiving new opportunities in my career.

Self-Worth

- - -

I am valuable.

I am worthy.

I am confident.

I am more than good enough.

I am loved.

I am loveable.

I am loving.

I am desired.

I am perfect.

I am likeable.

I am a healthy person.

I am not alone.

I am supported.

I am respectable.

I am a great looking person.

I am wanted.

I am heard.

I am visible.

Loneliness

– – –

I am supported.

I am not alone.

I am happy.

I am friendly

I am not abandoned.

I am sociable.

I am accepted.

I am content.

I am in love with myself.

I am cheerful.

I am popular.

I am loved.

I am agreeable.

I am amiable.

I am warm.

I am pleasant.

I am humorous.

I am loving.

I am enjoying time with myself

I am experiencing quality relationship.

Public Speaking

- - -

I am confident.

I am an excellent communicator.

I am bold.

I am secure.

I am interesting.

I am captivating.

I am accepted.

I am skilled at talking to people.

I am articulate.

I am fearless.

I am funny.

I am humorous.

I am well-liked.

I am favored.

I am warm.

I am pleasant.

I am respected.

I am assertive.

Attraction

- - -

I am attractive.

I am beautiful.

I am good-looking.

I am healthy.

I am confident.

I am a looker.

I am fun to look at.

I am handsome/gorgeous.

I am alluring.

I am illuminating.

I am captivating.

I am interesting.

I am fun to be around.

I am light.

I am happy.

I am positive.

I am fun to converse with.

Happiness

- - -

I am happy.

I am delighted with life.

I am warm-hearted.

I am kind.

I am self-less.

I am giving.

I am thoughtful.

I am destined for greatness.

I am positive.

I am optimistic.

I am awesome.

I am amazing.

I am excited.

I am a ray of sunshine.

I am healing to others.

I am warm light to others.

I am a beautiful spirit.

I am a beautiful soul.

Kindness

- - -

I am kind.

I am giving.

I am a light.

I am helpful.

I am self-less.

I am used in positive ways.

I am generous.

I am hopeful.

I am encouraging.

I am people-oriented.

I am a light.

I am being used in mighty ways.

I am living with purpose.

Skin

– – –

I have healthy skin.

My skin is glowing.

My skin is flawless.

My skin is soft.

My skin is beautiful.

My skin never breaks out.

I love my skin.

I have attractive skin.

Broken Hearted

– – –

I am healed.

My heart is healed.

My life is full.

I am full of life.

I am loved.

I am loveable.

I am worthy of love.

I am worthy of being loved.

I am strong.

I am empowered.

I am confident.

I am secure.

I am one of a kind.

I am unique.

I am living my best life.

I am more than good enough.

I am happy.

I have everything to live for.

Honest

– – –

I am honest.

I am integrous.

I am straightforward.

I am confident.

I am assertive.

I am fearless.

I am bold.

I am empathetic.

I am strong.

I'm sharing this for info and education only — not as mental, medical, or health advice. Always do your own research and talk to a licensed doctor or healthcare professional before making decisions about your health.